**Supplemental table 1**. Conceptual model describing the potential confounders in the exposure-mediator-outcome relationship.

|  |
| --- |
| **Potential confounders for the relation between:** |
| **physical workload and health behavior/BMI:**  |
| * *sociodemographic factors, e.g. age, sex, education, marital status, and ethnicity*
 |
| * *health variables, e.g. subjective mental and physical health, chronic diseases*
 |
| * *work-related factors, e.g. working hours, number of years in current job, job demands, job control, job strain, rewards, social support, job satisfaction and work insecurity*
 |
| * *other health behaviors / BMI (not examined in the univariate analysis)*
 |
| **health behavior/BMI and self-rated health:**  |
| * *sociodemographic factors e.g. age, sex, education, marital status, and ethnicity*
 |
| * *work-related factors, e.g. working hours, job demands, job strain, job satisfaction and work insecurity*
 |
| * *other health behaviors / BMI (not examined in the univariate analysis)*
 |
| **physical workload and self-rated health:** |
| * *sociodemographic factors e.g. age, sex, education, marital status, and ethnicity*
 |
| * *health behaviors / BMI, e.g. physical activity, BMI, smoking*
 |
| * *work-related factors, e.g. working hours, number of years in current job, job demands, job control, job strain, rewards, social support, job satisfaction and work insecurity*
 |